

Erythema exudativum multiforme and herpes simplex- case report

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Erythema exudativum multiforme (EEM) is an acute but sometimes also relapsing dermatosis of the skin and mucous membranes and is clinically manifested by characteristic polymorphic efflorescences in a cockade form. It most frequently occurs in young population of the second and the third decade of life as inadequate immunologic reaction to various medications or infectious agents, but the etiology remains unknown almost in 50 % of the cases. The minor form of the disease is commonly caused by Herpes simplex viral infection, and the changes appear in good general condition and almost exclusively are localized on the skin but can be accompanied by slight itch and uneasiness.

Case report: We report a 21- year female student with EEM changes on the dorsal sides of the palms, extensor sides of the upper limbs and laterally on the face. Herpes simplex was in regression present on the low lips. She gave information for relapsing Herpes simplex (4-5 times per year). Laboratory finding were in reference values. She was treated with virus static orally and locally, antihistamines and corticosteroids (according to scheme) orally and locally, and vitamin therapy. Improvement of the local finding and general condition occurred after ten days.

Conclusion: Herpes simplex viral infection causes EEM with lighter clinical picture and virus static therapy should be included in the therapy of the disease.